

VEGETABLE TEMPURA



CLOUDY

Serves:

DIRECTIONS:

1. Rinse and cut the vegetables into bite-size pieces.
2. Carrots and scallions can be cut on the diagonal; sweet potatoes can be cut into strips; mushrooms can be cut in half.
3. Mix the flour, cornstarch, baking powder, and salt in a large bowl.

INGREDIENTS:

- 2 pounds (about 6 to 8 cups) mixed vegetables, such as yams, broccoli, sweet potatoes, mushrooms, carrots, cauliflower, onion, green and red pepper, zucchini, scallions, snow peas, green beans, turnips
- 1 cup all-purpose flour
1/2 cup cornstarch
3 teaspoons baking powder

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4. In a smaller bowl, whisk the egg white and 1 cup of the water until just combined.
5. Gradually stir the egg mixture into the dry ingredients until barely blended.
6. This batter should be thin and lumpy.
7. Add more water if needed.
8. Fill a wok or large

INGREDIENTS:

- 1 teaspoon salt
1 egg white
1-1/2 cups water
Peanut oil for frying
Soy sauce

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DIRECTIONS:

- frying pan 1 inch deep with the oil and warm over medium-high heat.
9. Dip the vegetables in the batter, tapping off any excess.
 10. Set the pieces one by one into the hot oil and fry on both sides until golden, about 2 to 4 minutes.
 11. Don't crowd the veggies or they will stick

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Serves:

DIRECTIONS:

- together.
12. Drain the pieces on paper towels and set in a warm oven until all the veggies are fried.
 13. Place on a platter with soy sauce.



Plant your own vegetable garden! The vegetables will taste better than store bought because they're fresher!